

# When Mindfulness Starts, Relationships Begin

Mary Ellen Fuentes  
21st Century Community Learning  
Conference 2019

# WI DPI Disclaimer

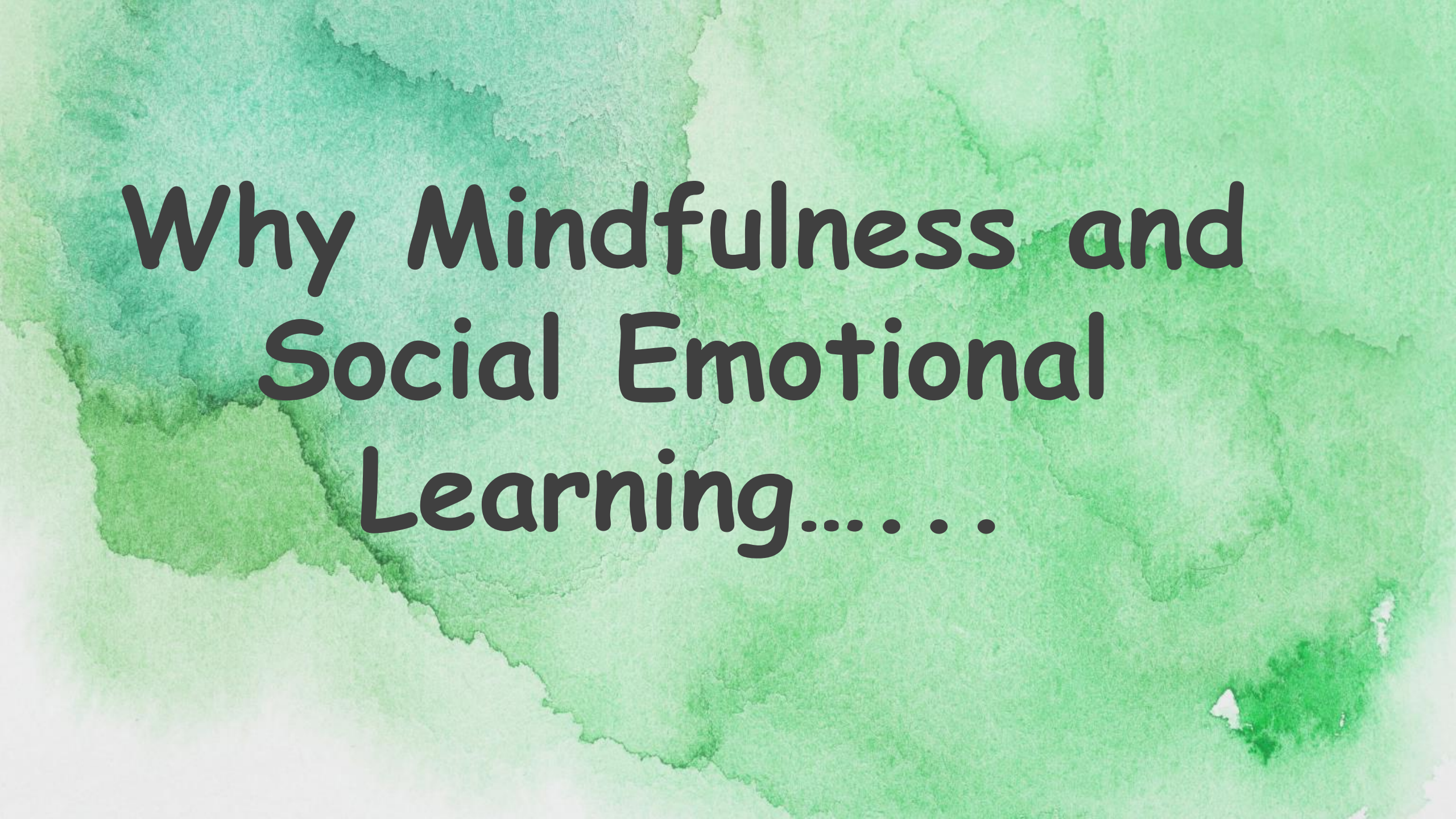
**The information and views shared during this presentation reflect those of the presenter(s) and do not necessarily reflect the requirements of the 21<sup>st</sup> CCLC grant or the views of the Wisconsin Department of Public Instruction.**





**Todd CLC has been  
actively  
practicing  
mindfulness for  
the past 2 years**






# Why Mindfulness and Social Emotional Learning.....



# Mindfulness can.....

- Help to create a positive group culture
- Decrease stress and anxiety in students and staff
- Increase self-esteem and self-regulation
- Validate and acknowledge feelings

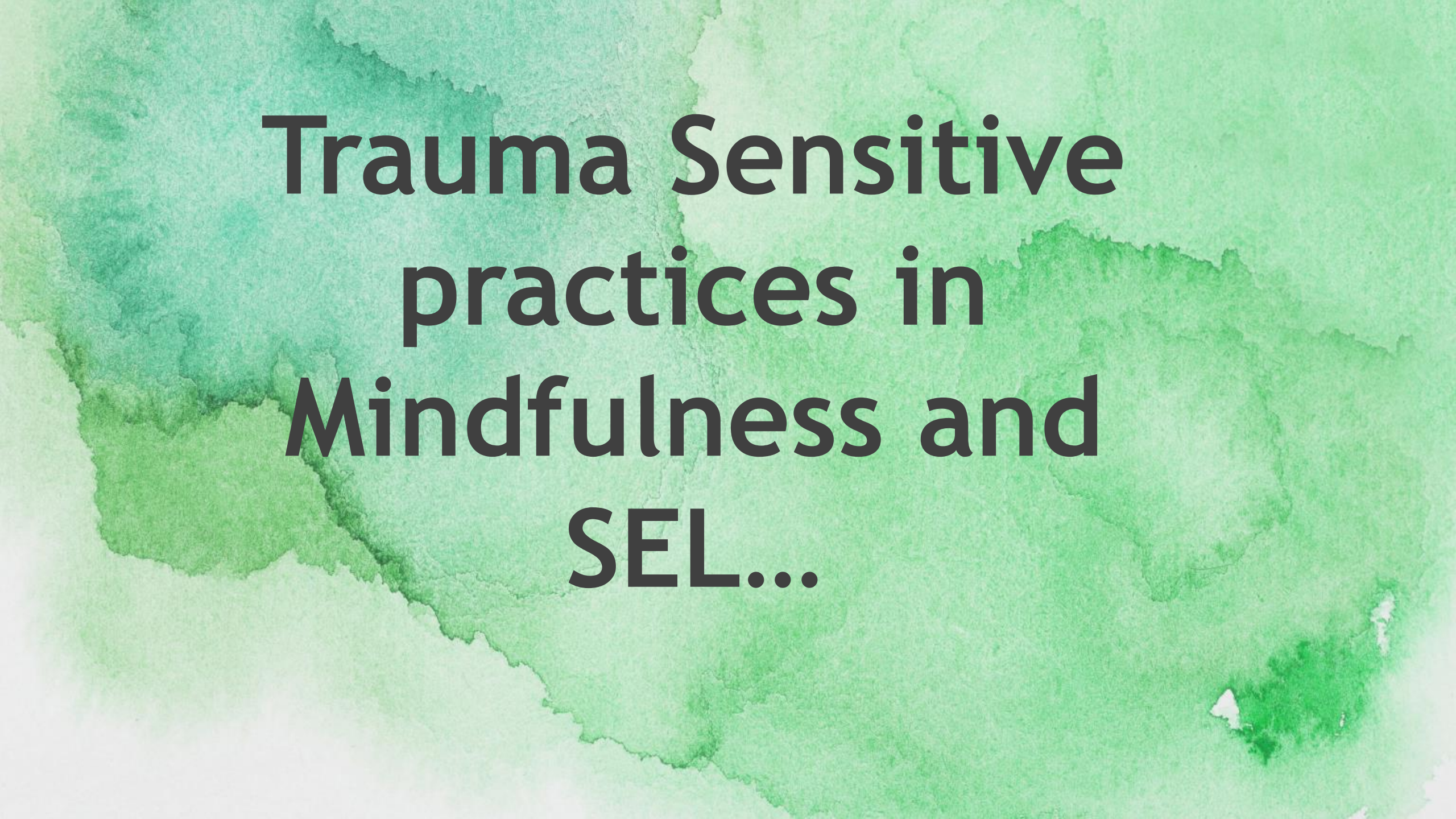




“Nothing can  
dim the light  
that shines  
from within.”

Maya Angelou





# **Trauma Sensitive practices in Mindfulness and SEL...**



# Social Emotional Learning Components

- Settle In
- Breath Awareness
- Mindful Movement
- Community Connection
- Focus
- Creative Expression
- Relaxation
- Closing



# Settle in....

3 Collective Breaths

Weather Report



# Breath Awareness...

Flower Breathing

Breath of Joy



# Mindful Movement...

Become a Butterfly



# Community Connection

Lazy River



# Focus

Loving Kindness



# Creative Expression

Hopes and Dreams



# Relaxation

Tense and Release



# Closing

Two Word Check-in

Appreciation Web



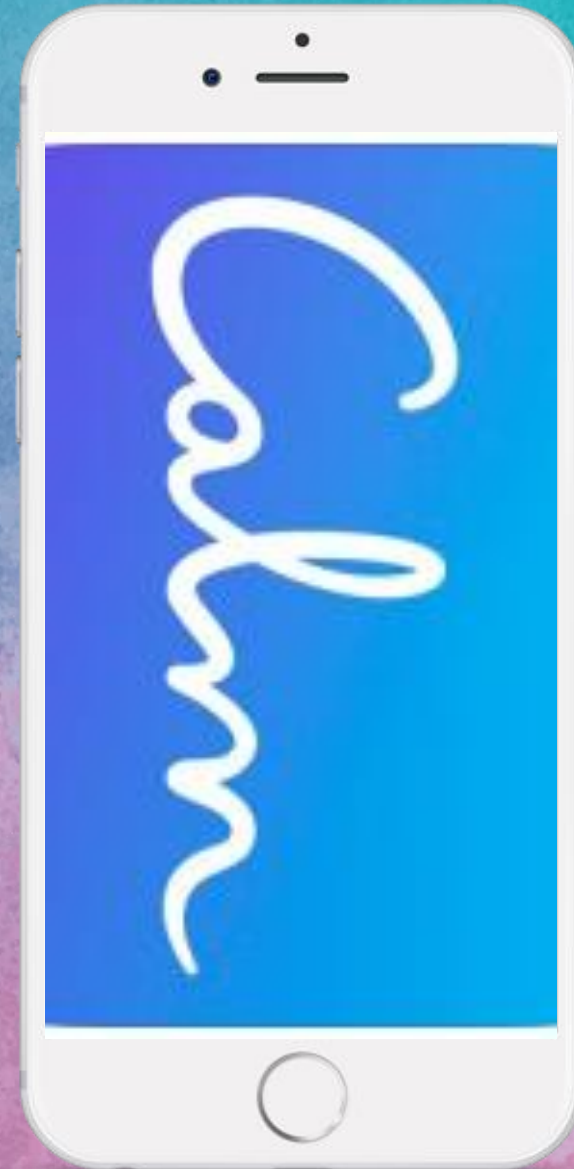


**May we spend our days looking for the goldfish  
and not punishing the shark...**



# Calm App

**FREE for teachers and  
school staff...**





# Resources

## Mindfulness Activity Cards

<https://www.teachstarter.com/us/teaching-resource/mindfulness-activity-task-cards-us/>

## Guided Meditation Scripts for Kids

<https://www.greenchildmagazine.com/free-meditation-guided-relaxation-scripts-kids/>

## Free inspirational quote coloring pages for kids

<http://www.doodle-art-alley.com/quote-coloring-pages.html>

## The Hows and Whys of Trauma Informed Teaching-Article

<https://www.edutopia.org/article/how-and-why-trauma-informed-teaching>

## The Trauma Informed Teacher-Silent Front Line

<http://www.ransomforisrael.com/the-trauma-informed-teacher-silent-front-line/>

## Breathe for Change

<https://www.breatheforchange.com>





# Namaste

I honor the place in you that  
Is the same in me.

I honor the place in you where  
The whole universe resides.

I honor the place in you  
Of love, of light, of peace and of truth.

I honor the place in you  
that is the same in me.

There is but one  
Namaste



# Session Evaluation



<https://forms.gle/ryVAdTCqwaHVMCox6>

**Due this Friday, September 27**